

# Crispy Oven Fried Tilapia



A simple recipe that even your picky eaters will love

Serves 6

|                     |                            |
|---------------------|----------------------------|
| 6 tilapia filets    | 1 lemon, zested and juiced |
| 1/2c butter, melted | 1c panko crumbs            |
| 1/4t garlic powder  | 2T Parmesan cheese, grated |
| 1/4t onion powder   | 2T Old Bay Seasoning       |

Preheat oven to 375. Rinse tilapia filets and pat dry. Spray a baking sheet with non~stick cooking spray.

In a shallow dish (like a pie pan), combine butter, garlic powder, onion powder and lemon zest and juice. In a second shallow dish, combine panko, Parmesan and Old Bay.

Dip tilapia filet in butter mixture, let drain and dip again. Roll in panko mixture and place on prepared baking sheet.

Bake 12~15 minutes or until fish is flaky and crust is crispy.

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**meijer**

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